

Digestive Disease Clinic

Miralax Bowel Prep for Colonoscopy

Purchase at the Pharmacy:

- 238 gram bottle of Miralax over the counter
- 64oz bottle of Gatorade (any flavor not red or purple)
- 10 Ounce Bottle Magnesium Citrate **OR** 4 Dulcolax laxative tablets

***Hold GLP-1 agonist medications for 1 dose prior to procedure (Ozempic, Wegovy, Zepbound, semaglutide, etc.)

***Discontinue iron, herbal supplements and vitamins for 7 days prior to your procedure.

***If you are currently taking blood thinners, the nurse will be contacting you with further instructions from your managing physician.

*** DO NOT eat any nuts or seeds, and/or raw fruits or vegetables 7 days prior to your procedure.

***DO NOT take any diabetic medication the morning of your procedure

***Do NOT drink any red or purple liquids the day before AND the day of your procedure

One Week Prior to the Procedure:

Please inform your physician if you are taking any blood thinning medications such as Coumadin, Plavix, Eliquis, Xarelto, Pradaxa, etc. You will receive additional instructions if applicable. **DO NOT STOP TAKING ASPIRIN.**

DAY BEFORE COLONOSCOPY:

You must maintain a clear liquid diet for the whole day before your procedure. (Water, tea, Gatorade, black coffee, soda, clear juice, Jell-o, clear broth or popsicles). **No red or purple liquids and no dairy products.**

1. Mix the entire bottle of Miralax in equal amounts with the Gatorade. Mix thoroughly and refrigerate.
2. Between 3:00pm and 4:00pm drink the 10 ounce bottle of Magnesium Citrate or take 4 Dulcolax tablets
3. At 5:00pm start drinking the prep solution. Drink an 8oz glass every 15 minutes until you have finished half the bottle.
4. Continue to drink clear liquids until you go to bed.

The Day of your Colonoscopy:

1. 6 hours prior to your exam start drinking the remainder of the prep solution. Drink 8oz every 15 minutes until the solution is gone.
2. You can continue to drink clear liquids until 5 hours prior to your exam.
3. Please take essential medications (blood pressure, heart, and seizure medications)